SHOPPING

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EL CENTRAL's Guide to Christmas Shopping in Southwest Detroit

EL CENTRAL HISPANIC NEWS

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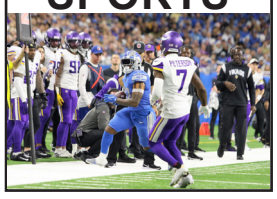
SPORTS



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Lions Beat Vikings!

La Academia de las Américas recibe una donación de $20,000 en instrumentos musicales

La Fundación Cultural Latin Grammy y Ford Motor Company Fund hacen posible la donación.

Por Eric Guzmán

El 8 de diciembre, la Academia de las Américas, una escuela que va desde prekínder hasta secundaria que forma parte de las Escuelas Públicas de Detroit, recibió una donación de $20,000 en instrumentos musicales por parte de la Fundación Cultural Latin Grammy y Ford Motor Company Fund. Es la primera vez que una escuela de Detroit recibe este honor. La Academia de las Américas fue reconocida por superar los obstáculos provocados por la pandemia de COVID-19 cuando estudiantes y docentes tuvieron que adaptarse y transferirse al aprendizaje virtual. Como parte del premio, la escuela recibió una actuación especial de los artistas nominados al Grammy Latino, Mau y Ricky.

Continúa en la pág.2

Academy of the Americas Receives $20,000 Donation of Musical Instruments

Latin Grammy Cultural Foundation and Ford Motor Company Fund make donation possible

Mau y Ricky at the Academy of the Americas

By Eric Guzmán

On December 8th, The Academy of the Americas, a public pre-kindergarten through high school of Detroit Public School, was presented with a $20,000 donation in musical instruments from the Latin Grammy Cultural Foundation and the Ford Motor Company Fund. It is the first time a Detroit school has received this honor. The Academy of the Americas was recognized for overcoming obstacles brought on by the COVID-19 pandemic when students and teachers had to adapt and transfer to virtual learning. As part of the award the school received a special performance from Latin Grammy Nominated artists Mau y Ricky.

cont on pg.2

"Strangers No Longer" Mobilizes Supporters to Affirm Human Dignity

Strangers No Longer Members give their blessings to state and local officials

By Robert De la Garza
Photos provided by: Tom Tomala

On Friday, December 9, nearly 300 advocates for immigrant rights gathered in Detroit to support a platform for dignity and demand commitments from local and state government officials to enact laws to protect the rights of immigrants in our state.

The meeting was convened by Strangers No Longer (SNL), a network of Catholics in Michigan organized by parishes, high schools and communities to respond to immigrants' needs. The assembly was held at the new Carpenters and Millwrights Training Center near W. Chicago and the Jefferies Freeway.

Veronica Camarena, Vice-President of Strangers No Longer, and a member of St. Andrew Bessette Parish in Ecorse, says "Immigrants are here, they are part of our community. They make positive economic impact as family oriented, hardworking and helping their neighbors. Many immigrants prefer moving to one of the 18 states, which give them the right to drive and ID themselves for basic needs such as a hospital visit or filling a prescription. It's time for Michigan to come into the 21st Century."

The advocates heard from representatives of various Circles of Support including powerful testimony by a 42-year old immigrant mother of two who came to Michigan from Mexico 17 years ago. She was reluctant to reveal her name for obvious reasons. She spoke of her need to leave her home country in order to provide for her family and of her journey to Michigan. To this day, despite working to support their family, she and her husband live, work and travel in fear every day of being captured by the authorities and being deported.

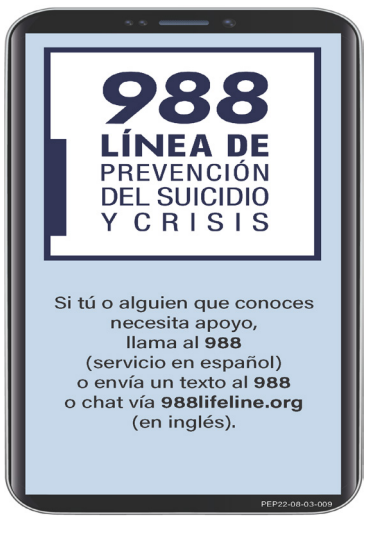
As an undocumented resident, she acknowledged, like millions of immigrants who came before her under similar circumstances – from Europe and Africa – she cannot go home again to Mexico. "My life and my heart are here, with you all," she said.

cont on pg.3

Celebration of the Virgin of Guadalupe at Holy Redeemer

The celebration of the Virgin of Guadalupe is a deeply rooted tradition among members of the community in Southwest Detroit. Every year, on December 12, the parishioners gather to praise through their songs, dance, and prayer.

In the photo: norteño group, Los Descendientes de La Sierra, sing to the Virgin in front of her altar at Most Holy Redeemer Church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Academy of the Americas

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Isabella Kercorian, a second year music teacher at the academy submitted the application for the school to receive the donation. "These students are hungry, and work really hard, and are passionate," Kercorian said when asked about her inspiration for applying for the donation. She also explains some of the ways the music program adjusted to teaching the students during virtual lessons while in the pandemic. "We had to be really creative on how we continued to learn music, we actually turned into a composition unit," Kercorian said. "We learned about writing music and how different types of music affect different types of things such as video games and movies, so we got to be a bit more creative."

Mau y Ricky, Venezuelan Latin pop and reggaeton duo who were the special guests, felt that being at the academy for this event lined up with what they feel the purpose of their career is all about.

"[Our purpose] is just impacting the life of people and inspiring them to dream and follow and find their own purpose," Ricky said. "Being able to encounter all these kids and the future generation of music and our culture and our world and be able to somehow impact them in these few hours we have with them and to leave a mark deep enough with them for them to somehow spark up some inspiration to chase their dreams."

Mau y Ricky also faced their own set of challenges during the COVID-19 pandemic. They recognized that throughout the pandemic how much of a personal connection they have to the fans. "As artists, a lot of what we feed from as creatives is reaction from people," Mau said.

'While social media did help the group reach out and stay in touch with their fans, nothing is quite the same as being able to feel that personal validation whether it's running into a fan or hearing the roar of a crowd during a live performance."

The duo also acknowledges how important it is to be in touch with students at an early stage in their lives.They feel a sense of paying it forward especially considering the advice their father, Ricardo Montaner gave them when they first began their journey into the music business.

"We had the ability to have someone like our dad inside music to guide us and give us some type of pointers in the beginning of our dreams and careers", Mau states. "We feel the necessity and need to do the same with kids and with people that are dreaming with the possibility of one day doing what we do".

For Isabella Kercorian, this donation and event is a huge step for not only the kids in the school, but also future students to come. "We need more ways to show [the kids] anything is possible for them and they truly can do anything they put their mind to", Kercorian said. "Having [Mau y Ricky] come here, having Ford be here and the Latin Grammys program be here shows people believe in them. I think they're going to take the way they think of themselves as musicians to a whole new level".

Academia de las Américas

Con't de pg. 1

Isabella Kercorian, profesora de música de segundo año en la academia, presentó la solicitud para que la escuela recibiera la donación. "Estos estudiantes le ponen mucho empeño, trabajan muy duro y son apasionados", dijo la Señora Kercorian cuando se le preguntó cuál fue su inspiración para solicitar la donación. También explicó algunas de las formas en las que el programa de música se ajustó para enseñarles a los estudiantes durante las lecciones virtuales en la pandemia. "Tuvimos que ser realmente creativos sobre cómo continuaríamos aprendiendo sobre música, de hecho, nos convertimos en una unidad de composición", dijo la señora Kercorian. "Aprendimos a escribir música y cómo los diferentes tipos de música impactan en diferentes situaciones, como en los videojuegos y las películas, por lo que tuvimos que ser un poco más creativos".

Mau y Ricky, el dúo venezolano de pop latino y reggaeton que fueron los invitados especiales, sintieron que estar en esta academia se alineaba con el propósito de su carrera.

"[Nuestro propósito] es impactar la vida de las personas e inspirarlas a soñar, seguir y encontrar su propio propósito", dijo Ricky. "Poder encontrarme con todos estos niños, la futura generación de música, nuestra cultura y nuestro mundo y poder impactarlos de alguna manera en estas pocas horas que tenemos con ellos y dejarles una marca lo suficientemente profunda como para que de alguna manera se inspiren a perseguir sus sueños".

Mau y Ricky también enfrentaron su propio conjunto de desafíos durante la pandemia de COVID-19. Reconocieron a lo largo de la pandemia cuánta conexión personal tienen con los fanáticos. "Como artistas, mucho de lo que nos alimenta como creativos es la reacción de la gente", dijo Mau.

"Si bien las redes sociales ayudaron al grupo a comunicarse y mantenerse en contacto con sus fanáticos, nada es igual a poder sentir esa validación personal, ya sea encontrándote con un fanático o escuchando el rugido de una multitud durante una presentación en vivo".

El dúo también reconoce lo importante que es estar en contacto con los estudiantes en una etapa temprana de sus vidas. Tienen una sensación de recompensa, especialmente considerando el consejo que les dio su padre, Ricardo Montaner, cuando comenzaron su viaje en el negocio de la música.

"Tuvimos la oportunidad de tener a alguien como nuestro padre dentro de la música para guiarnos y darnos algún tipo de consejo al comienzo de nuestros sueños y carreras", afirma Mau. "Sentimos la necesidad de hacer lo mismo con los niños y con las personas que están soñando con la posibilidad de algún día hacer lo que nosotros hacemos".

Para Isabella Kercorian, esta donación y evento es un gran paso no solo para los niños de la escuela, sino también para los futuros estudiantes. "Necesitamos más formas de mostrarles [a los niños] que todo es posible para ellos y que realmente pueden hacer cualquier cosa que se propongan", dijo Kercorian. "Que [Mau y Ricky] vinieran aquí, que Ford estuviera aquí y que el programa de los Latin Grammy estuviera aquí muestra que la gente cree en ellos. Creo que van a llevar la forma en que se ven a sí mismos como músicos a un nivel completamente nuevo".

(L-R) Nicholas Brown (Principal, Academy of the Americas), Mau Montaner, Mary Culler (President Ford Motor Company Fund), Ricky Montaner and Raquel "Rocky" Egusquiza (Executive Director, Latín Grammy Cultural Fund)

Mau Montaner and Ricky Montaner, answer questions from the audience

Isabella Kercorian (music teacher at Academy of the Americas) conducts school band

Mau Montaner (L) and Ricky Montaner (in center) perform for audience

Strangers No Longer

Con't from pg. 1

But her life is not easy. "We are living in fear. We have no status here. We have no paper," she said. "We live and work and travel in fear because we do not have identification, we have no status."

"Driving While Brown" risks racial profiling which could mean capture and deportation if local police turn us over to ICE or Border Patrol" – Testimony from an undocumented woman who has been in Michigan for 17 years.

"What is this like for us to be living and working in fear of deportation? What happens when people are living in fear?" she asked her audience. If your husband is beating you, you don't report it to the authorities," she continued. "If you see a crime against your neighbor, you keep quiet. You don't report it. If the landlord doesn't fix the furnace, or overcharges for rent, or doesn't get the garbage picked up, we keep quiet."

The assembly focused on nine issues in a platform presented to members of SNL led by a campaign to renew Michigan's law to allow undocumented residents to be eligible to receive a State of Michigan driver's license or state ID. Michigan once allowed undocumented residents to qualify for a driver's license but 14 years ago, Attorney General Mike Cox and the Republican-controlled state legislature struck down that law. Today, 18 other states permit undocumented residents to carry a driver's license, including nearby Minnesota and Illinois.

State Senate-Elect Mary Cavanagh will represent the 6th District next year. She introduced similar legislation previously as a state representative and is committed to see its passage in the coming year.

"I stand in support of the Drive SAFE package because these bills will help ensure that every resident in our state, regardless of their immigration status, can access what they need to support their families, " she told an enthusiastic audience of supporters. "These laws have been proven to strengthen public safety on roadways and contribute to greater economic benefits after being implemented in other states. Correcting this misstep and passing these bills will ensure Michigan residents and our economy can grow stronger than ever."

Having a driver's license allows immigrants to drive legally, buy automobile insurance, do banking and other necessary tasks in the normal course of one's life. It was noted by advocates that this state ID would not enable voting.

Roberto Torres, director of Immigrant Affairs and Economic Inclusion for the City of Detroit, was present at the assembly and addressed the importance of changing the laws in Michigan. "To me the subject of a driver's license for immigrants is personal. As a child growing up in Ohio, I witnessed my father having to travel to Adrian, Michigan to obtain his driver's license. It was good policy then for all drivers to be licensed and insured. Why is it no longer good policy?" he asked.

'Secondly, every law enforcement official I have questioned on this subject matter supports a license for all on the grounds of self-identification, educated drivers, and public safety. Lastly, I have worked with many businesses, entrepreneurs and farmers who support a driver's license for all because it is sound economic and good public policy," Torres concluded.

Other issues in the platform highlighted during the assembly included mental health needs of immigrants, and the need for more cities and municipalities to be more "welcoming" in their policies toward immigrants.

The Platform for Dignity includes nine Issue Statements including 1. Ability to Drive; 2. Identification; 3. Government Services; 4. Legal Support; 5. Employment; 6. Health/Mental Health; 7. Housing; 8. Schools; 9. Police Interaction

The assembly ended with a call to action by program organizers challenging everyone present to contact their local government officials to urge their support for the platform and in particular for the passage of bills in the State House and Senate to provide the ability to get a Michigan driver's license or state ID without proof of permanent residency.

For more information about Strangers No Longer, visit www.strangersnolonger.org

Congressmember Rashida Tlaib speaks with high school student members of Strangers No Longer

State Senator-Elect Mary Cavanagh with Fatima Gomez

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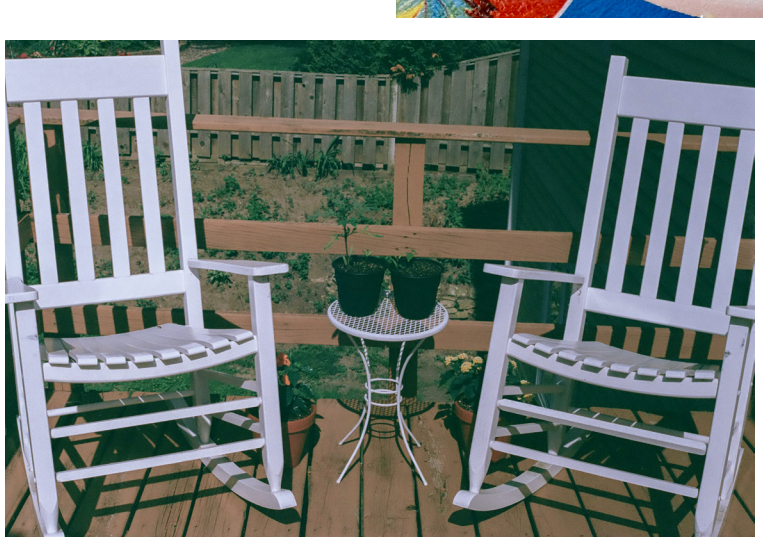
Special, World's Cultures
Empalme, Sonora, MX

Empalme, Sonora, MX

Empalme is a town-city in the Sonoran desert by the Sea of Cortez; It was founded in 1905 when the junction was being built between the tracks that linked the old Cananea - Río Yaqui - Pacífico Railroad. Its architecture is that of a flat city with large houses, with rocking chairs on the porch to look out onto the street. Some of its houses refer to the style that is part of the old wooden western movies, perhaps it was because of this atmosphere that Charles Chaplin married Lita Grey in 1924 in Empalme while visiting some friends who worked on the railways. Their marriage was controversial due to the age difference, since Lita Grey was barely 16 years old, while Chaplin was already 35.

The temperatures of Empalme are extreme, while in summer they reach up to 46°C or 114°F, in winter they drop to 0°C or 32°F, for this reason the houses have heating and air conditioning. It rains little during the year and through the streets the wind pushes the capitanas or herbs that circulate with the dust.

The traditional and most common food in each house are tacos dorados, flour tortillas and bean burritos, mashaca meat with eggs, carne asada, cheese soup and cocido (beef soup), barbacoa tacos, white menudo and fresh seafood from the Sea of Cortez. Don Marcos tacos are an unmissable tradition that has its delicacies packaged by families for their fellow Americans.



In the houses, lottery and cards are played at night, generally canasta and continental. Families visit each other in the afternoon and, like all towns in Mexico, when someone new is met, they are asked who their father or grandfather is.

Diles que lo viste en EL CENTRAL
Tell them you saw it in EL CENTRAL

The Days With Corbel,

serialized novel

[...] Sequel...

10.

At this time of the day the light is brighter. There is no drinking water in the house and the only open store is four blocks uphill, in front of the town garden. Corbel does not want to go for water, he is working on some reports.

At this time of the day the light is brighter. I am thirsty, I open the door and look at the valley before me. The animals from the valley soometimes comeby and we see tarantulas, rattlesnakes and chameleons are daily occurrences that we do not touch, but we live with them.

At this time of the day the light is brighter. The church has its arcade that goes towards the dome from the side chapels. The rocks are not symmetrical, they have shades ranging from pale to ocher. It's March, Lent.

At this time of the day the light is brighter. I have to go up for water, it's Sunday and there is the tianguis, the man salling the fruit calls me a güerita, I know I'm not blonde. I am 19 years old and I live on the last street of a town in the Zacatecan highlands. Hardly ever rains.

At this time of the day the light is brighter. I get the 20 liters of drinking water in the center and go downhill carrying the jug. I tell myself I am an emancipated woman to justify that Corbel leaves me alone. Corbel is working on his report, though he is thirsty. I go down with water, serve him and prepare something to eat. It's Sunday.

11.

The neighbor behind my house is always on the roof. Every single time I go to the backyard to water my plants, he is there looking from the roof of the third floor. We never exchange glances and I know that he looks at me. He has seen all my clothes because I hang them, to dry out. The neighbor behind my house is always on the roof. The water stops running at 1:00 pm, if the water tank is not filled, we will spend the rest of the day without water. I did my laundry in the morning and I forgot about the water, it won't come back up until early tomorrow.

The neighbor behind my house is always on the roof. I think about my faith, about the world I live in, about my materiality. They say that although you can't see the water, in this semi-desertic town, there is water, they say it is in the middle of the mountain, between the top of the hill and its slopes there is a reservoir of water that supports the mountain, a reservoir that hides the gold, the gold green, the gold sun, the gold brilliance of the earth.

The neighbor behind my house is always on the roof. They say that this land was not always a semi-desert, that it was a forest, a pine forest. They say the past was a better place. I say no, many of those who were in the past know that it was not a better place, a better past.

The neighbor behind my house is always on the roof. He always looks with his ponytail, his green shirt, his Texan at this valley. Maybe I'm afraid of him, maybe I'm disgusted or resentful. What is he looking for? How long does he go doing at nothing but looking around?

12.

I am 19 years old and I know that my grandmother is from a town that I haven't ever been in the north of the country. There are many towns in Mexico. My grandmother grew up in a small place with a lot of sun and dust. I imagine her childhood as a western movie, in wooden houses unpainted by the inclement sun. I imagine the rolling plants through the streets, the sound of the train, the men running to the station, the railroad uniforms.

I am 19 years old and yesterday we got into the car heading north, towards my father and grandmother's past place, a north flavored with flour tortillas, coricos, beef and sweet words: "poposawi", "bishicori", "yoyomo".

I am 19 years old and maybe one day, as she will tell, as she tells of that dream Empalme, Sonora, I will talk about this Pinos, Zacatecas. Perhaps my hunger for the sun is due to the desert that I carry in my blood.

I am 19 years old. I miss my grandmother with her hands, sometimes I would like to call her.

Mariana Ayón RV

To be continued ----> Wait for it next week

ESPECIAL CULTURAS DEL MUNDO

Empalme, Sonora, MX

Los días con Corbel,

novela a entregas

[...] Continuación...

10.

A esta hora del día la luz es blanquecina. No hay agua en la casa y la única tienda abierta está cuatro cuadras arriba, frente al jardín del pueblo. Corbel no quiere ir por agua, está terminando unos reportes. Tengo sed, abro la puerta y miro el valle abierto ante mí. A veces veo las liebres que bajan al arroyo y cada hora, en lugar de campanadas, rebuznan los animales de la quinta de a la vuelta, a veces las tarántulas, serpientes cascabel y camaleones son cotidianidad que no tocamos, pero vivimos con ellas.

A esta hora del día la luz es blanquecina. El templo tiene su arquería que va hacia la cúpula desde las capillas laterales. Las rocas no son simétricas, tienen tonos que van desde pálidos a ocres. Es marzo, la cuaresma. Tengo que subir por agua, es domingo y hay tianguis, el señor de la fruta me dice güerita, yo sé que no soy rubia. Tengo 19 años y vivo en la última calle de un pueblo del altiplano zacatecano. Casi nunca llueve. Compro un garrafón en el centro y bajo cuadras con él. Soy una mujer emancipada me digo para justificar que Corbel me deja sola. Corbel está trabajando en sus reportes, aunque tiene sed. Yo bajo con agua, le sirvo y preparo algo para comer. Es domingo.

11.

El vecino de atrás siempre está en la azotea, cuando salgo a regar mis plantas ahí está él mirando hacia todos lados desde la azotea del tercer piso. Nunca cruzamos miradas y sé que me mira. Conoce toda mi ropa porque está tendida en el patio, él todo mira desde ahí arriba. Recién se mudaron nuevos vecinos a las casas contiguas, y la vecina de junto dice que no entiende que tanto está mirando siempre.

El vecino de atrás siempre está en la azotea. El agua deja de correr a las 1:00 de la tarde, si no se llena el tinaco, pasaremos el resto del día sin agua. Lavé en la mañana y se me olvidó que no vuelve a subir hasta mañana temprano.

El vecino de atrás siempre está en la azotea. Pienso en mi fe, en el mundo en que habito, en mi materialidad. Cuentan que aunque no se ve el agua, en este pueblo hay agua, dicen que está en medio del cerro, entre la cima del cerro y sus faldas hay un yacimiento de agua que sostiene la montaña, un yacimiento que esconde el oro, el oro verde, el oro sol, el oro fulgor de la tierra.

El vecino de atrás siempre está en la azotea. Dicen que esto no siempre fue semidesierto, que fue un bosque, un pinar. Dicen que el pasado era un lugar mejor. Yo digo que no, que muchos de los que estuvieron en tiempos pasados saben que no era un pasado mejor.

El vecino de atrás siempre está en la azotea. Siempre mira con su coleta, su camisa verde, su texana y su valle. Quizá le tengo miedo, quizá le tengo asco o rencor. ¿Qué tanto busca? ¿Qué tanto hace de no hacer más que mirar?

12.

Tengo 19 años y sé que mi abuela es de un pueblo que no conozco al norte del país. Hay muchos pueblos en México. Mi abuela creció en un lugar pequeño con mucho sol y polvo. Me imagino su infancia como una película del oeste, en casas de madera despintada por la inclemencia del sol. Me imagino las capitanas rodando por las calles, el sonido del tren, los hombres que corren a la estación, los uniformes del ferrocarril.

Yo tengo 19 años y aunque ayer nos subimos al carro con dirección al norte, dirección al lugar pasado de mi padre y mi abuela, un norte con sabor a tortillas de harina, a coricos, carne de res y palabras dulces: “poposawi”, “bishicori”, “yoyomo”.

Yo tengo 19 años y quizá algún día, como ella contaré, como ella cuenta de ese sueño Empalme, Sonora yo de este Pinos en Zacatecas. Quizá mi hambre de sol es por el desierto que llevo en la sangre, aunque este es poca cosa comparado al sol de allá, al sol necesidad de norte.

Yo tengo 19 años y un día conoceré el pueblo de mi abuela, y quizá me maraville. Extraño a mi abuela con sus manos, a veces quisiera llamarla a que me cuente.

Mariana Ayón RV

Continuará ----> Espérala la siguiente semana

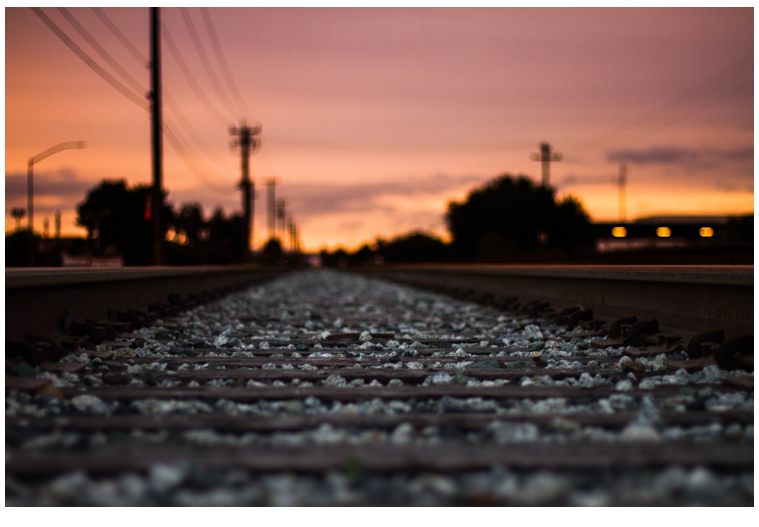
Empalme, Sonora, MX

Empalme es un pueblo-ciudad del desierto de Sonora al pie del Mar de Cortés; fue fundada en 1905 cuando se construía el entronque entre las vías que unían el antiguo Ferrocarril Cananea - Río Yaqui - Pacífico. Su arquitectura es la de una ciudad plana de construcciones amplias, con sillas poltronas o mecedoras en el porche para mirar hacia la calle. Algunas de sus casas remiten al estilo que se enmarca en las películas del viejo oeste de madera, quizá fue por esta atmósfera que Charles Chaplin se casó con Lita Grey en 1924 en Empalme mientras visitaba a algunos amigos que trabajaban en ferrocarriles. Su matrimonio fue polémico debido a la diferencia de edad, pues la joven Lita Grey apenas contaba con 16 años, mientras Chaplin ya tenía 35.

Las temperaturas de Empalme son extremas, mientras en verano se alcanzan hasta los 46°C ó 114°F, en invierno bajan hasta los 0°C ó 32°F, por ello las casas cuentan con calefacción y aire acondicionado. Llueve poco durante el año y por las calles el viento empuja las capitanas o hiervas que circulan con el polvo.

La comida tradicional y más común en cada casa son los tacos dorados, tortillas de harina y burritos de frijoles, carne mashaca con huevo, carne asada, caldo de queso y cocido (caldo de res), tacos de barbacoa, menudo blanco y mariscos frescos del Mar de Cortés. Los tacos de Don Marcos son una tradición imperdible que lleva sus delicias empaquetadas por familias para sus paisanos estadounidenses.

En las casas se juega lotería y baraja por la noche, generalmente canasta y continental. Las familias se visitan por la tarde y como todos los pueblos de México cuando se conocen entre todos.



Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

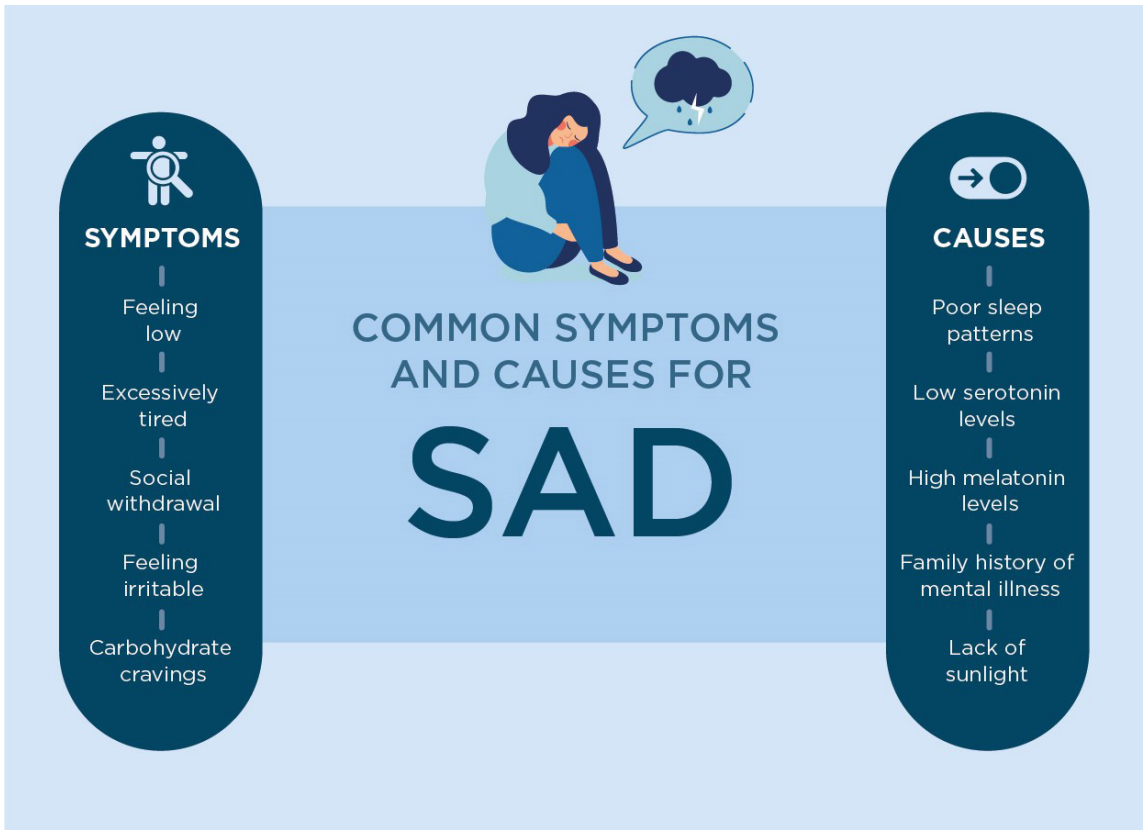
Seasonal Affective Disorder

Seasonal affective disorder (SAD) is characterized as a type of depression that is related to changes in seasons, typically tied to the start of fall and persisting into the winter months. We know that depressive disorders don't take holidays and this time of year can be stressful. For individuals who suffer from or are at risk for depression, though, the impact of holiday stresses and pressures can be much more severe than the momentary frustrations that almost everyone experiences. Typical symptoms of SAD, sometimes referred to as winter depression, may include the following (Mayo Clinic):

• Feeling depressed most of the day, nearly every day
• A lack of energy
• Losing interest in activities you once enjoyed
• Feeling sluggish or agitated
• Oversleeping or having problems with sleeping
• Social withdrawal
• Feeling hopeless, worthless or guilty
• Substance abuse

Contrary to a prevalent myth, suicide rates do not peak during the holiday season. However, depressed individuals are hardly immune from either depressive episodes or suicidal ideation during this time. If you or someone you love is struggling with depression and/or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or 988, is a free resource, available 24 hours a day for anyone who is in suicidal crisis or emotional distress. The Crisis Text Line is a free 24/7 text line where trained crisis counselors support individuals in crisis. Text "Jason" to 741741 to speak with a compassionate, trained Crisis Counselor. Confidential support 24/7, for free. For more information on ways to prevent, respond, or act against bullying, visit stopbullying.org, which is a special initiative from the Department of Health and Human Services.

The Jason Foundation is another available resource. The Jason Foundation is dedicated to the awareness and prevention of youth suicide through educational programs that equip youth, parents, educators, and the community with the tools and resources to identify and assist at-risk youth. Many times, a young person will exhibit clear warnings signs prior to an attempt. By knowing the warning signs, and knowing how to help, you could save a life. Visit The Jason Foundation's website to learn more about youth suicide, the warning signs, and how you can help make a difference. The Jason Foundation has never charged a school, community, or individual for the use of their programs or resources. www.jasonfoundation.com



10 tips to prepare your small business for the holidays

By: Angeline Lawrence, Director of Entrepreneurial Education; Mae Webb, Entrepreneurial Education Intern

For small businesses, the holiday rush can bring on a new set of challenges. The rise in traffic can be daunting, and it is vital to have the preparation and security in place for the winter cheer. Luckily, this year's holiday predictions look bright for small businesses! This checklist has you covered to make sure your small business maximizes sales this season.

First, here are the numbers:

Deloitte's annual retail forecast predicted holiday retail sales to increase between 4% and 6% in 2022. According to Samba TV's Holiday Report, 74% of adults are reported to spend the same or more amount on holiday gifts this year. Another study conducted by Coresight Research found that 55% of shoppers plan to spend an excess of $500 during the holiday season, a 7% increase from 2021. Local business statistics from 2020 indicate that 70% of consumers shopped at local businesses. Last year, half of the population was expected to participate in small business Saturday.

Checklist to prepare your small business for the holidays:

1. Set your goals. Establish your sale goals for each season, including Black Friday, Small Business Saturday and holiday shopping. Review your current inventory levels to determine if you need to increase your products or offer the remaining inventory at a discount.

2. Engage your existing customers and drive them to your store. Create special rewards and benefits for your existing customers to purchase and spread the word about your business.

3. Secure extra capital. If feasible, secure a line of credit in case you need to purchase additional inventory.

4. Establish your holiday hours and hire accordingly. Determine your store hours and decide if you need to bring on additional staff. Communicate your new hours to existing customers through social media, email, texts and physical signage.

5. Secure your building, employees and products. Review your security systems including cameras, alarms and gates. Also, provide training for employees on how to spot a shoplifter, procedures for closing the store and a buddy system so no one leaves the store alone at night. Take advantage of neighborhood watch, the Detroit Greenlight program and inexpensive security systems.

6. Train your employees. You should train all employees in upselling, customer service, exchange policies, returns and damaged goods. Prepare your employees and staff on features of your products, discount codes and rewards programs. You should also talk with employees about customer service and dealing with difficult customers and how to manage long lines at the checkout counters.

7. Get your swag on. Make sure you have all your packaging, bags, signage (inside and outside) and employee/contractor uniforms tight. You want to leave an impression on customers, so professionally printed signage and bags with your logo are essential.

8. Cleanliness is next to profitableness. Clean your shop, wash windows and remove clutter. Make sure the store isles are clear, remove all tripping hazards and extra boxes. Dust shelves and products and organize your goods.

9. Check your technology and POS systems. Update your point-of-sale systems and ensure your registers/laptops/mobile phones are working with software updates and paper for printing receipts.

10. Review your online presence. If you have an online store, optimize your website for mobile and tablet use. Also, if you are selling from your website and physical store, check the inventory and update available products in real time. Consistency is key for online and brick-and-mortar businesses. Branding should be consistent, as well as offers/discounts.

EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Minority (Hispanic) and woman owned • Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988.

EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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David Levine - *Sports Writer*
Dan Graschuck - *Sports Editor/ Journalist/ Photographer*
Ozzie Rivera - *Contributing Writer*
Dr. José Cuello - *Contributing Writer*

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INTRODUCING THE PARTNERSHIP WITH THE RACE AND JUSTICE REPORTING INITIATIVE

An emerging reporting team adds unique journalistic perspective

In June of 2022, the Race and Justice Reporting Initiative from Wayne State University's Damon J. Keith Center and EL CENTRAL came together to create a newsroom to cover the Southwest Detroit Mexican/Latino community. We felt a commitment to comprehensive reporting on a community long neglected by mainstream media—determined to cover stories that went beyond immigration and crime. We wanted a newsroom that worked towards creating a vibrant, trusted media outlet with journalists that reflect the rich diversity of Southwest Detroit's residents.

The biggest challenge we faced was creating a newsroom to cover selected beats of arts and entertainment, health and the environment, real estate, and small businesses. In addition, we needed more resources and could not pay anyone a full-time wage. The goal of the Race and Justice Reporting Initiative is to support the work of BIPOC independent journalists and not see freelancers as an outlier but as critical components of the media's ecosystem.

Through community channels, heavy recruiting, and invitations to writers to contribute, the Race and Justice Reporting Initiative and EL CENTRAL began to build a newsroom.

We were surprised by how many aspiring writers and photojournalists were eager to participate. Since we began, we have written dozens of stories and held weekly editorial meetings. We assign assignments and actively ask the writers to pitch stories. In addition, we mentor aspiring writers and photographers and pair them with media professionals to further their development.

The partnership between the Race and Justice Reporting Initiative and EL CENTRAL is committed to telling stories within a race and justice framework, to respond to the information needs of the community in order to strengthen trust and representative democracy.

I am very pleased to formally introduce the Race and Justice Reporting Initiative Team!

Martina

Martina Guzman

Director

Martina Guzmán is the founder and director of the Race and Justice Reporting Initiative at the Damon J. Keith Center for Civil Rights at Wayne State University Law School. As an independent journalist and documentary filmmaker, Martina covers race, justice, and systemic inequality. Her work has appeared on NPR, The Guardian, Slate, PBS, Next City, and HOUR Magazine, among many others. With over 15 years of journalism experience, Martina furthers her commitment to representative democracy by fearlessly advocating for fellow journalists of color. She is a graduate of the Journalism School at Columbia University in New York City. Currently, Martina is a John S. Knight Journalism Fellow at Stanford University. Born and raised in Detroit, she is a proud daughter of Mexican immigrants.

Angela Gallegos is a special projects manager, voice actress and native SW Detroiter. She is a creative changemaker passionate about wellness and justice in her community and the world.

Mickey Lyons is a journalist, historian and author. She has a monthly column in Hour Detroit magazine and publishes regularly in the Detroit News, Detroit Free Press, Punch magazine and NBC News, among others. She also guides historic tours of Detroit and lectures on a cruise ship around the Great Lakes.

Eric Guzman was raised right outside of Detroit but has strong roots in the southwest area. Eric has a strong passion for writing about sports, music, and pop culture. He graduated from The University of Michigan-Dearborn with a Bachelor of Arts degree in Journalism and strives to make an impact in the world of multimedia.

Elena Dolores Solano was born and raised in Detroit, Michigan. Ms. Solano is a certified school counselor and a Licensed Professional Counselor. Her writing focuses on education, mental health, community events, and her experiences growing up in a large Mexican-American family in southwest Detroit. Ms. Solano enjoys thrifting, reading, and spending time with her children, family and friends.

Wendy Guzman is a journalism student at Michigan State University graduating in May 2023. She has reported and edited for her college newspaper The State News, as well as interned at Automotive News and Forbes.

Karizma Valdez is a local photographer who was born and raised in Southwest Detroit. She is a part of a screen printing co-op, stitching up Detroit, which is a part of the Grace in action collectives network.

Alejandro Ugalde is a Mexico City immigrant and visual storyteller with a profound love for Detroit and its multiculturalism.

Ofelia Saenz is a native of Southwest Detroit and a writer, marketer and food entrepreneur. She writes about entertainment, arts, culture and other human-interest stories for EL CENTRAL.

Irma Maribel Andrade Guzman is a born and raised Detroiter, she is passionate about "lifting others as you climb". She is a daughter of immigrants from San Luis Potosi, Mexico and a first generation college graduate from UM-Ann Arbor currently pursuing a Masters in Social Work. When she is not studying or writing, Irma spends her time gardening, crafting, advocating for social justice and being wife & mom of two.

2022 HAS BEEN A BANNER YEAR AT EL CENTRAL

Meet Our Veteran Reporting Team!

The past year has brought significant changes to EL CENTRAL Hispanic News and all of them are aimed at bringing more original, local news and features to you, our loyal readers. At the same time, we are making changes to our operations and diversifying our lineup of reporters and photographers to make our media company more sustainable for the next generation and beyond. Global changes in the way people receive and process information demand nothing less.

First, the ownership of the paper changed hands when founder and publisher Dolores Sanchez sold "her baby" to Eva Garza Dewaelsche and Robert Dewaelsche in April. We have known Dolores for decades and both of us have been active in Southwest Detroit for just as long. As new owners, we have set out to achieve two main goals: First, modernize the paper by taking it "online" to multiple digital platforms and second, prioritize reporting on more original, local content. Meanwhile, Dolores has stayed on with the company as director of advertising and sales to maintain and grow our advertising base. She has been a real asset to our continuing operations.

The most significant improvement during the year was our new partnership with the Race and Justice Reporting Initiative at Wayne State University led by Martina Guzman. (See the highlights and profiles of the participating reporters and photographers on the previous page.) This innovative program encourages aspiring journalists and photographers of color to develop their skills and build out their professional portfolios. For our part, EL CENTRAL is pleased to publish their work and our readers benefit by learning more about the people and organizations in our community – stories that are often overlooked by mainstream media.

EL CENTRAL has also partnered with Planet Detroit to expand our coverage of environmental issues, which are so prevalent and important to the quality of life of Southwest Detroit residents.

We have added a translator to our experienced and dedicated reporting and production teams to ensure that our bilingual, weekly publication serves our English and Spanish speaking readers. We hope you have noticed the crisp new look to our front page created by our talented graphic design team.

Finally, we have built a solid foundation to share our reporting with a much wider audience via a brand new website at www.elcentralmedia.com and on our new social media platforms at www.facebook.com/elcentralmedia and Instagram.

We invite you to share your comments and feedback about these changes and the reporting and opinions expressed in our print publication and regular social media posts. Write us – and any of our writers or journalists on these pages -- at info@elcentralmedia.com

Please take a few minutes to get to know the members of our team. Many of us are your neighbors and colleagues and we'd love to hear from you about more great stories we can tell – for and about our community.

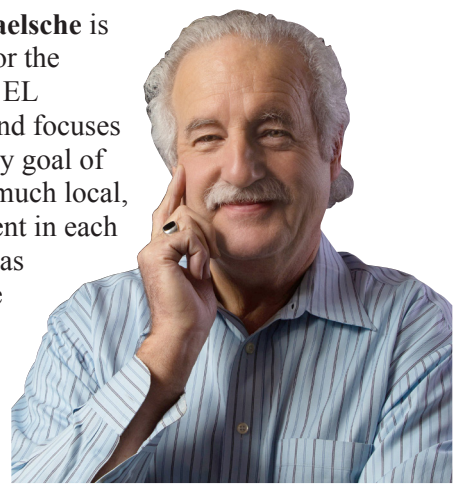
Sincerely,

Eva
Owner and Publisher

Robert
Managing Editor

Eva Garza Dewaelsche is the majority shareholder in the corporation that was formed to purchase EL CENTRAL Hispanic News in the Spring of 2022. As such, the newspaper and media organization remains a Hispanic-owned and Woman-owned business entity. As owner and publisher, she has editorial control over the content and policies of the company. Nevertheless, the majority of her time and energy is devoted to her full-time position as president and CEO of SER Metro-Detroit, Jobs for Progress, Inc. with its 350 employees. SER Metro is headquartered in Detroit and manages SER affiliates in Chicago, IL and in multiple locations in Texas.

Eva was born and raised in Detroit and received her B.A. and Masters of Education from Wayne State University. She has worked for more than 38 years at SER Metro-Detroit in various positions, for nearly 20 years as President and CEO. In the early 2000s she worked for five years as Executive Director of Latin Americans for Social and Economic Development (LA SED). Eva serves on numerous boards including New Detroit, Inc., Detroit Wayne Integrated Health Network, Comerica Community Development and Advisory Council, LA SED, SER National, the Wayne County Development Entity, and the Detroit Economic Growth Corporation. She was also appointed to the Detroit Public Lighting Authority and the Detroit Board of Police Commissioners. Eva has won numerous awards and she says her most treasured honor was being recognized as a "Champion of Change" by the Obama White House in 2014.

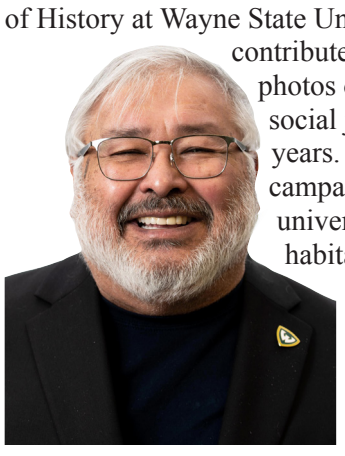


Robert Dewaelsche is responsible for the operations of EL CENTRAL and focuses on the primary goal of including as much local, original content in each weekly issue as possible to be a voice for Hispanics in Southwest Detroit and throughout Metro Detroit. He is also dedicated to modernizing EL CENTRAL by streamlining operations and reaching a wider audience of readers by taking the publication online and optimizing social media. He is responsible for building partnerships with other media outlets and journalists which will increase EL CENTRAL's value to its readers and strengthen its influence in the wider community of Detroit and Michigan.

Robert served in the U.S. Peace Corps in Nicaragua and Ecuador where he polished his Spanish (which is now quite rusty.) He has worked at LA SED, SER Metro-Detroit, Comerica, Habitat for Humanity and at the Southwest Detroit Business Association. Throughout his career his responsibilities almost always involved work in Southwest Detroit. His experience in the publishing sector has included writing and editing for corporate newsletters; overseeing the Michigan Chronicle's community tabloid section called "Homefront" and as a community development beat columnist for "The HUB Detroit".

Dolores Sanchez is the owner of Sanchez Communications and the founder of EL CENTRAL Hispanic News. For more than 33 years Dolores was the owner and publisher of EL CENTRAL, Michigan's oldest and only weekly Bilingual Hispanic newspaper. She established her company in 1988 to provide complete media services to and for Hispanics in Michigan. EL CENTRAL has received over 30 awards and among numerous awards Dolores received the Hispanic Media Advocate of the Year award presented by the National Latina Style Magazine and the Michigan Hispanic Chamber of Commerce. She was selected National Latina Publisher of the Year among more than 300 Hispanic publications, and she is the first Latina to serve on the Board of Directors of the National Hispanic Press Foundation in Washington, D.C. and has served on the Board of Directors of the National Association of Hispanic Publications. Dolores was recognized and honored in a national campaign by General Motors Corporation, and she received the Spirit of Diversity Award from Wayne State University.

Dolores continues to support the operations of EL CENTRAL in the capacity of consultant and as Director of Advertising and Sales. For advertising inquiries, contact Dolores at elcentralads@aol.com



Dr. José Cuello is Emeritus Associate Professor of History at Wayne State University. He has contributed articles and photos on national and local social justice issues for 30 years. He is on a personal campaign to have the world's universities keep the planet habitable for humans and related species in the Earth's web of life.

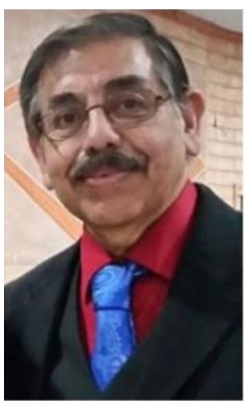
Fernando Ramos Melendez completed his associates degree in graphics design at ITT Tech in 2014. Following his graduation he started his career as the lead graphics designer for EL CENTRAL where he has worked for the past eight years. Fernando is a Renaissance era enthusiast often dressing in costume when he attends the annual Michigan Renaissance Festival in Holly. His real passion is flying as a private pilot. He is in training to acquire additional pilot licenses and dreams of being a commercial pilot one day either for a commercial airline or a private company.

HISPANIC NEWS

Osvaldo "Ozzie" Rivera was born in Puerto Rico and has lived in Southwest Detroit most of his life. He has been active in community advocacy and human services. He served as mental health director for ACCESS (Arab Community Center for Economic and Social Services), as the executive director of Latino Family Services and as Dean of Students at Wayne County Community College. He served for 10 years as the Director of Multicultural Affairs and Assistant Professor (Social Work/Sociology) at Madonna University. For four years, he led community engagement efforts for Southwest Solutions. Recently retired, he consults for a number of social service and arts organizations.

Ozzie currently teaches at Wayne State University on Afro Latino History and Culture in the U.S. a course he developed in the 90's, and also teaches at the University of Michigan's School of Social Work. He has written more than 30 columns titled Pensamientos y Recuerdos covering oral history topics and current affairs for EL CENTRAL.

Ozzie is an amateur historian of Latin-Caribbean music, often presenting on Afro-Hispanic music, including as the director of the Afro Puerto Rican drum and dance troupe, RicanStruction. During his lifetime he has led a number of performance troupes and bands, and currently leads the salsa/Latin Jazz band, La Inspiracion.



Jesse Jesus Gonzales, Sr. moved with his family to Michigan from Texas in 1964. During his 58 years in Southwest Detroit, he has been involved in his community in a variety of roles. He was a UAW organizer at Ford Motor Company where he worked for 35 years before he retired. He has engaged in civic and community improvement initiatives through agencies including Southwest Detroit Improvement Association, Springdale Woodmere Block Club, Congress of Communities, Bridging Communities, Urban Neighborhood Initiatives, Labor Council for Latin American Advancement and the Hispanic Police Officers Association of Michigan.

Jesse has a particular interest in promoting community safety and has worked closely with the Detroit Fire Department to distribute smoke alarms and detectors to families and senior citizens. He has been a member of the Citizens Emergency Response Team (CERT) which educates the public about disaster preparedness. He is a graduate of the FBI Citizens' Academy and the Detroit Police Academy.

Jesse has worked as community outreach liaison for Wayne County Commissioner Ilona Varga and will continue to serve in that capacity for incoming Commissioner Cara Clemente. One of his most enjoyable activities is playing Santa during the holidays, something he has done since 1975. Jesse is well positioned to capture important and heartfelt images from our community as our roving photographer.

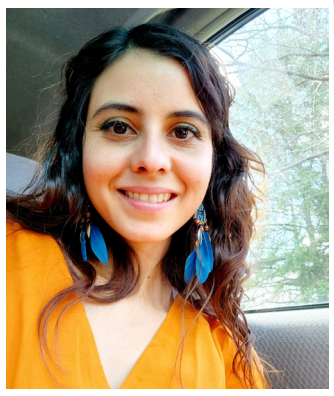
Sofia Nava Maron was born and raised in Mexico City and is now a 2nd year International Business student at Florida International University. Her passion involves helping small businesses adapt to the digital world and elevate their presence online. Sofia's responsibilities at EL CENTRAL include posting our content on both our website and social media platforms on Facebook and Instagram.

Mariana Ayón RV is a poet, writer, publisher and multidisciplinary artist. She graduated in Hispanic Literature from the University of Guadalajara, in México. Her line of research is the interior landscape and how it forms part of the migrant identity. Since 2013, she has conducted poetry and theater workshops for teenagers in high schools, cultural centers, including the workshop for young prisoners in custody at the Centro de Observación, Clasificación y Diagnóstico del Estado de Jalisco, in Zapopan, Mexico. She has collaborated as a writer with articles since 2016 in different blogs, newspapers and magazines.

In July-August 2020, she was the guest artist for the House on the Prairie Art Residency, in Kempton, Illinois, by the organization "Humans are a part of nature", with her project: Paisajes del Silencio. In August 2020, she collaborated for the Way Of Exorcism" by the artist Dessislava Terzieva in Detroit, Michigan, United States.

She has published the collections of poems Vestido Verde (2016) and Motivos de Agua (2019), published by Ediciones El Viaje; in prose the plaquette Frontera (2013) published by the University of Sonora. Her poems are found in anthologies and magazines in Mexico and the United States, including: Junta Versos (CDMX), Luvina (GDL), La Otra Orilla (NYC), Papalotzi, (Guadalajara). From 2010 to date, she has participated in poetry readings and poetry cycles in cultural centers and public venues. She has participated in Festivals and Literary Meetings since 2010.

Carmen Elena Luna arrived in Detroit, MI with her husband six years ago emigrating from El Salvador. She has studied engineering in her home country and also loves nature, which led her to specialized work in the fields of environment, climate change and sustainable agriculture. For the past five years she has been a Spanish tutor for children using mainly the Waldorf methodology and she hosts weekly virtual Spanish conversation classes with adults. Carmen has translated articles from English into Spanish for The Line magazine, and she translates lead articles each week that appear in EL CENTRAL. She says she is very happy to be able to bring the news to the Latino community in the language we love.

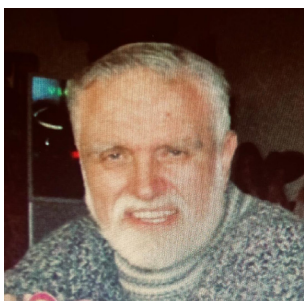


David Levine has been covering soccer for 30 years, locally, nationally, and internationally for El Central. He is a lifelong aficionado a currently a volunteer youth soccer coach. He also enjoys classical music and opera, as well as cooking.

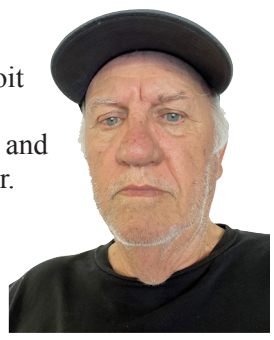
Dan Graschuck worked for Detroit Public Schools for over 35 years. Teacher, coach, department head, assistant principal and principal are some of the positions he held during his tenure at the D.P.S. As a professional photographer, his work has been published in The Detroit News, Detroit Free Press, The Michigan Chronicle, EL CENTRAL Hispanic News and The Detroit Monitor Newspapers,among others. He and his wife are enthusiastic supporters of the arts and his photographic works have been shown at the Detroit Historical Museum, the Center for Creative Studies, Wayne State University, the Walter Reuther Library, the Detroit Artist Market and the Michigan Gallery, to name a few.

Dan is the Past President of The Detroit Artist Market Board and Head of The Detroit Artist Market Exhibition Committee. He is a current board member and has served for over 20 years on the board of Metro Detroit Youth Day. He is the Past President of the Historical Indian Village Association and Past President of Indian Village Historical Collections.

Gerald Morgan has directed the graphic design studio Crystal Point! for over 35 years, producing many local and national publications, especially those that help build community. He contributes design and layout assistance to EL CENTRAL. He has roots in, and has been involved in many community projects in Southwest Detroit. "Helping build community is what gets me up in the morning."



Steve Walker has been active in politics since 1962. He is a retired Political Science professor from Wayne County Community College, a member of the state Democratic Hispanic Latino Caucus and a long-time treasurer of the Wayne County Spanish Speaking Democrats and contributing writer for EL CENTRAL.



Michael Alberts is a sports photographer, longtime Detroit photographer, retired public school teacher/administrator, and a gardner and vineyard owner.

Lions - 34 Vikings - 23 !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

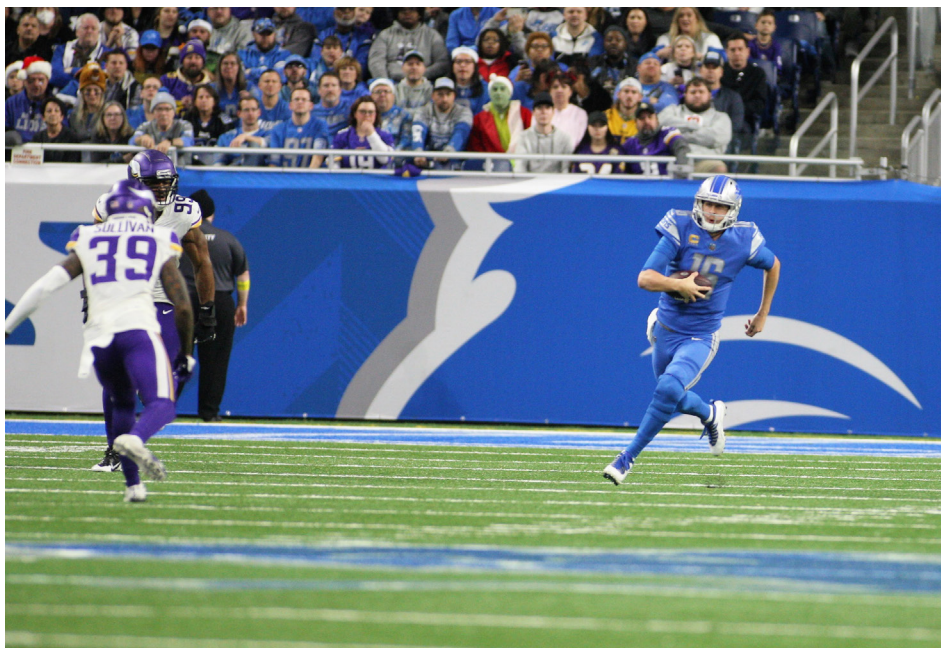
This past Sunday, the Detroit Lions (6-7) hosted the Minnesota Vikings (10-3) at Ford Field. The Lions were looking to beat the Vikings and stay in the hunt for a playoff spot. That's what the Lions did. The Lions had a lead going into halftime 14-7, and would beat the Vikings 34-23. The Detroit Lions go on the road, Sunday, December 18th, to take on the New York Jets at Metlife Stadium, at 1:00 pm (FOX), then to Bank of America Stadium, to take on the Carolina Panthers, Christmas Eve Saturday, December 24th, at 1:00 pm (FOX). Before returning back home to Ford Field, for their final home game of the season, on Sunday, January 1st, 2023, as they host the Chicago Bears, before going back on the road for their final game of the season, on January 7th ot 8th, as they take on the Green Bay Packers, at Lambeau Field. Photos provided by Mike Alberts/ EL CENTRAL

Photos below are highlights from the Detroit Lions vs. Minnesota Vikings

Lions RB #42 Justin Jackson diving for the pylon in the endzone to score a TD, and watched by TJ Lang (former Detroit Lion) in endzone. Jackson had 4 carries for 19 yards with 1 TD and 1 reception for 12 yards

Lions RT #58 Penei Sewell makes game winning first down late in 4th quarter

Vikings HB #4 Dalvin Cook is swarmed and stopped by the Lions defense



Lions QB #16 Jared Goff making a huge run with open field in front of him. Goff was 27 for 39 330 yards with 3 TDs and had 2 carries for 9 yards

Lions WR #8 Josh Reynolds making a play against the Vikings defense. Reynolds had 5 receptions for 51 yards with 1 TD

Lions S #38 C. J. Moore, gaining yardage after intercepting the ball from the Vikings. Moore had 1 carry for 42 yards

FINAL FOUR

EL CENTRAL HISPANIC NEWS SPORTS
Pateando la No. 5
313 841 0100 elcentral1@aol.com

David Levine
EL CENTRAL

Surprises at this level of international football are rare. Morocco has now sprung two major upsets in a row. First, they saw off a disappointing Spain in the round of sixteen. The Spanish committed so much to their passing routines that they forgot how to win a game. The most important part is putting the ball into the opponent's goal. They showed a remarkable lack of ideas after their 7-0 demolition of Costa Rica in their opening group match. Japan took advantage, conceding well over 75% possession to the pass-masters. Morocco simply copied the game plan and then seized on their chance to slip past the former champions in a tense penalty kick tie-breaker. One would think Portugal had watched this closely so as to avoid the same fate.

The Portuguese repeated the same performance as Spain. Moroccan manager Walid Regragui devised a simple defend and counter strategy that kept Portugal at bay for long stretches. In the same way that they took advantage of Spain's inability to break them down, the Moroccans took one opportunity and slipped by with a 1-0 win. The winning goal came from a goalkeeping error. Diogo Costa came out for a high cross and failed to beat Yousseff El Nesyri to the ball. Portugal threw everything they had at the Moroccans in the second half. Cristiano Ronaldo came off the bench again in the second half. He hardly touched the ball and his movement in the penalty area didn't attract high quality crosses. Pepe headed the last good chance wide, deep in stoppage time. With the final whistle and era came to an end. Pepe, 39, and Cristiano Ronaldo, 37, certainly won't be part of the Portuguese team if they qualify for the 2026 World Cup in the United States, Mexico, and Canada.

Morocco is the first African nation to reach the semifinals of the World Cup. It's a tremendous accomplishment. They are now in with a shout of not only earning a medal, but even having the dream of winning the whole thing. Morocco, Africa, and the entire Arab community have been fully behind them, bringing in massive crowd support. To reach this point, they have ties fellow semifinalist Croatia, defeated Belgium, Canada, Spain, and Portugal, conceding only an own goal to Canada on the way. They will meet their strongest opponent yet in this week's second semifinal. France came through a superb game against England with a 2-1 win thanks to a missed penalty by Harry Kane.

The French attack, with wily veteran Olivier Giroud, crafty playmaker Antoine Griezmann, and superstar forward Kylian Mbappe will give the injury-riddled Moroccan defense its most thorough examination yet. The defending champions have now come closer to retaining the Jules Rimet trophy than any previous winner since Brazil won a second consecutive World Cup in 1962. They have accomplished this without the presence of six key players, including Ballon D'Or winner Karim Benzema and two starters from the 2018 winning team, Paul Pogba and N'Golo Kante. For France, even getting by Morocco would only mean an even more difficult final with either a repeat of their 2018 final against Croatia or an epic contest with a Lionel Messi inspired Argentina.

Messi, like Ronaldo, is most likely playing in his last World Cup. Like Ronaldo, this is the only trophy he hasn't won during a glittering career. The team looks like they have dedicated themselves to sending one of their greatest ever players off with a win. They have fought, literally against the Netherlands in the quarterfinal Battle of Lusail, and dragged themselves back after an embarrassing loss to Saudi Arabia in their first group match. FIFA has taken a dim view of the antics on the field during the heated match with the Netherlands. Both associations are facing fines and will be lucky to avoid player suspensions. The referee lost control early and never regained it as the two teams charged into each other and engaged in more of a slugfest than a football match. It wasn't pretty, but it was as dramatic as any game at this tournament so far, riveting action from start to finish.

Croatia, the fourth semifinalist has done the minimum required to get through. They only showed their teeth in attack during a 4-1 blowout of Canada. The rest of their games have been close, including their win over Brazil in the quarterfinals. Few teams can possess the ball against Brazil, but the Croatian midfield handled the task with ease. Led by the incomparable 37 year old Luka Modric, Croatia dictated the tempo of the game and never looked flustered, even after Neymar score a magnificent goal in extra time. They just waited for a chance to strike and caught several Brazilians well out of position to send the game to penalties. Croatia just doesn't lose in the shootout. Argentina has been warned that they had best take care of business before the game gets that far, even having beaten the Netherlands the same way. Whoever gets through to the final on Sunday will have come through against some of the world's top teams. It's been a thrilling tournament on the field. If there hasn't always been great quality play, there has been epic drama and a healthy amount of upsets, including a first semifinalist for Africa.

Gerard Piqué, jugador del FC Barcelona, deja el fútbol

Gerard Piqué, actual jugador del FC Barcelona y campeón con España en el Mundial de 2010 y la Eurocopa 2012, anunció este jueves su retiro como futbolista.

La noticia fue dada a conocer a través de un video que compartió en su cuenta de Twitter. En este dijo:

"Ahora que los sueños de ese niño se han cumplido, quiero deciros que es el momento de cerrar este círculo. Siempre he dicho que después del Barça no habría otro equipo y así será. Este sábado (ante el Almería) será mi último partido en el Camp Nou".

Durante la grabación, el exfutbolista compartió una serie de imágenes en las que se le ve de niño con la camiseta del Barça o pidiendo autógrafos a las estrellas de aquella época.

"Pasaré a ser un culé (hincha del Barça) más, animaré al equipo y transmitiré el amor por el Barça a mis hijos y mi familia. Ya me conocéis, tarde o temprano volveré", afirmó.

Ante esta declaración, diversos expertos y sus seguidores han comenzado a especular que el exjugador podría regresar al equipo como técnico o directivo en algún futuro.

Con el Barcelona, Piqué conquistó ocho títulos de la Liga española, siete Copas del Rey, tres Ligas de Campeones de Europa y tres Mundiales de Clubes.

Junto a la selección española fue internacional entre 2009 y 2018, formando parte de los planteles campeones del Mundial de Sudáfrica, en 2010, y de la Eurocopa de Polonia/Ucrania, en 2012.

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EDITORIAL OPINION

"Mexico, Three Steps Back"

By Raoul Lowery Contreras

How often does a freely-elected President tell his cabinet members and every one of his political appointees to ignore court orders of any kind and especially those of his sworn enemies on the nation's Supreme Court?

How often does a freely elected President target his elected government and independent Election officials that declared him the victor with charges of treason, collusion, theft, corruption and electoral theft of his election

defeat a dozen years before?

How often does a freely elected President charge his elected political opposition with treason, corruption and the mal intent of keeping his nation in poverty by corporate greed, elitism and racism?

When it comes to how often, in the case of Andres Manuel Lopez Obrador, President of Mexico since December 1, 2018, the answer is often, full time, in fact.

Accompanying this 24-7 deep seated disgust and demonstrable negativity is a gigantic narcissism that leads the President to view himself and his administration to be "Mexico's Fourth Transformation."

The First Transformation, of course, was Mexicans driving the Spanish out of Mexico in 1821. The second, the Liberal vs Conservative War of Reform between 1858-1861 and the third, the 20th Century's first revolution, 1910- 1917. The Fourth, Andres Manuel Lopez Obrador closing the path to democracy that started with Vicente Fox's disposal of the 70-year-long one-party rule of the Partido Revolucionario Institucional (PRI).

Simply put, Lopez Obrador is dragging Mexico back to the 1920s-Thirties-Forties, Fifties and Sixties. After all, must anyone be reminded that he grew politically as a loyal soldier of the political party that ruled Mexico with an iron fist from the moment it was created by the criminal son of a Syrian immigrant, President Plutarco Elias Calles. He called it the National Revolutionary Party. Its name was changed to the Party of the Revolucion, then to the PRI two decades later just in time to nurture a young leftist from the state of Tabasco, Andres Manuel Lopez Obrador.

The Presidents that impressed him beyond description were Gustavo Diaz Ordaz and his successor Luis Echeverria. These two happy warriors were in charge - Diaz Ordaz as President and Echeverria as Secretario de Gobernación (Interior) when over 300 university students were massacred and another thousand wounded on October 2, 1968 in the Plaza de Tres Culturas in Mexico City.

There is no doubt that soldiers controlled by Diaz Ordaz and Echeverria slaughtered the hundreds of young people that died that day in 1968. That didn't matter to Lopez Obrador, he joined the party that supervised the massacre and that imposed a police state on Mexico that Lopez Obrador joined in 1976. Echeverria was President. Lopez Obrador considers murderer Echeverria to be his model.

Lopez Obrador has reincarnated the Soviet-style Mexican one-party political system of his PRI. With a legislative majority in the Chamber of Deputies of Lopez Obrador's "achichincles" (ah-chee-chin-cles) -- gofers -- who follow his orders, Lopez Obrador ordered his sycophants in Congress to strip the National Electoral Institute (INE) of its power, its budget and its place in the evolving democracy of Mexico.

Opposition flashed in the form of hundreds of thousands of protesters on a Sunday morning that shook the country and AMLO's government. He quickly announced that his supporters would demonstrate and that they would outnumber the traitors who opposed AMLO's destruction of democracy in Mexico on the pleasant Sunday morning throughout Mexico where every major city in Mexico hosted hundreds of thousands of demonstrators supporting the very electoral organization that declared AMLO President in 2018. His demonstration didn't outnumber his opponents. Most of his people were bused into Mexico City, for free.

Opponents - a W, the President Zero.

Reasonable Mexicans shook their heads at a President who still blamed his loss for the President of Mexico a decade before on a respected national institution recognized by democrats worldwide to be Mexico's break with the past.

What a baby, a crybaby.

Thwarted in the Chamber of Deputies from jamming through a constitutional change to strip the INE of its ability to function, AMLO has resorted to a "Plan B." That plan enables him to circumvent the Constitutional restrictions of a two thirds majority, by a simple majority in the Chamber. His gofers voted to strip budget and membership in the congress by stripping funds that Mexicogrants political parties. That would slice the Chamber of mostly opposition members leaving AMLO's Regeneration Party (Morena) with a solid two thirds majority.

Luckily for Mexico and for the U.S.A. "Plan B" now goes to the Senate where real Mexicans serve. They must fight AMLO and defeat his Plan B, then defeat his pygmy "achichincles" in the coming Presidential election of 2024. Existential reasons for Mexicans to vote against AMLO's "gofers" are all the reasons they need to end the Fourth Transformation.

Opinions in this article are not necessarily those of the Publisher or Editor

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Flu and the Holiday Season: What You Need to Know

(StatePoint) December through March is typically peak influenza (flu) season, though this season is off to an earlier start, with high activity currently across the country. While common, flu is a potentially serious and highly contagious respiratory illness.

In time for holiday travel and festivities, a new American Lung Association campaign funded by CLS Seqirus aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness. Here's what to know:

• Who is impacted by flu? Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical conditions including chronic lung disease, heart disease and diabetes. During past flu seasons, approximately 90% of flu-related hospitalizations were among adults with at least one underlying medical condition. During the 2021-22 flu season, approximately 30% of hospitalizations were among adults with chronic lung disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults.

• What will this year's flu season look like? Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The Centers for Disease Control and Prevention estimates that as of early December, there have been at least 8.7 million illnesses and 78,000 hospitalizations.

• How can I protect myself? While covering your cough, washing your hands frequently and staying home when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone 6 months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health conditions. Speak with your healthcare

provider to learn more about influenza and annual vaccination.

• When should I see a doctor? If you do get sick, call your doctor as soon as possible for diagnosis and treatment -- especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit Lung.org/prevent-flu.

Before you gather with loved ones for the holidays, take steps to protect them from flu. Practice good health habits and get your annual vaccination as early as possible.

¿Qué hay tras el repunte del virus respiratorio VRS en niños de Estados Unidos?

Los hospitales infantiles de algunas partes de Estados Unidos están registrando un repunte de una enfermedad respiratoria común que puede provocar problemas graves en los bebés: el virus respiratorio sincitial (VRS).

Los casos del VRS cayeron drásticamente hace dos años en momentos en que la pandemia obligaba al cierre de escuelas, guarderías y negocios. Con el retiro de la mayoría de las restricciones a mediados de 2021, los doctores registraron un alarmante aumento de lo que suele ser un virus de las temporadas de otoño e invierno.

Ahora está de regreso. Y los doctores se preparan para ver cómo el VRS, la influenza y el COVID-19 podrían combinarse para aumentar la presión en los hospitales.

"Lo califico como una emergencia", dijo el doctor Juan Salazar, del Hospital Infantil de Connecticut, donde el VRS ha provocado que salas de juego y otros espacios en los que no solía haber camas sean adaptados para recibir pacientes. La institución contempló usar un hospital de campaña de la Guardia Nacional, pero dejó de lado esa opción por el momento.

¿Qué es el VRS?

El virus respiratorio sincitial por lo regular causa síntomas leves similares a los de la influenza, como escurrimiento nasal, tos y fiebre. Casi todos los niños de Estados Unidos llegan a contraer una infección de VRS antes de cumplir los 2 años.

Las personas infectadas usualmente son contagiosas entre tres y ocho días. Los bebés y los pacientes con sistemas inmunitarios debilitados pueden transmitir la enfermedad hasta por cuatro semanas. No existe una vacuna, aunque ya se realizan varios ensayos.

¿Cómo afecta el VRS?

Cualquiera puede infectarse de VRS. Pero la mayor amenaza es entre infantes, adultos mayores y otras personas vulnerables, que pueden sufrir de infecciones graves en pulmones y vías respiratorias.

Entre los niños de Estados Unidos menores de 5 años, el VRS por lo general causa hasta 58 mil hospitalizaciones y hasta 500 muertes al año.

Para los adultos mayores de 65 años, el VRS provoca 177 mil hospitalizaciones y 14 mil decesos cada año.

En los bebés, los problemas para respirar pueden interferir con su alimentación. "Y es entonces que realmente nos empezamos a preocupar", dijo la doctora Melanie Kitagawa, del Hospital Infantil de Texas en Houston, donde más de 40 niños están internados con VRS.

¿Por qué hay un incremento en la actualidad?

El virus se está encontrando con una población sumamente vulnerable de bebés y niños que estuvieron resguardados de los virus comunes durante los confinamientos por la pandemia.

Los sistemas inmunitarios podrían no estar tan preparados para combatir el virus luego de más de dos años de protección que brindaron las mascarillas, dijo la doctora Elizabeth Mack, de la Universidad de Medicina de Carolina del Sur.

Las madres de los bebés quizá no se enfermaron de VRS durante el embarazo, lo que les habría dado a los bebés cierto grado de inmunidad.

Las autoridades de salud de Estados Unidos han registrado un incremento de reportes nacionales de enfermedades respiratorias, los cuales atribuyen en parte a una propagación temprana de la influenza en buena parte del sur del país.

La semana pasada hubo más de siete mil pruebas diagnósticas con resultado positivo a VRS, según cifras de los Centros para el Control y la Prevención de Enfermedades (CDC por sus iniciales en inglés). Es un total más elevado al de años anteriores.

¿Existe un tratamiento contra el VRS?

No hay un tratamiento específico, así que es

cuestión de manejar los síntomas y permitir que el virus siga su curso. Los doctores podrían recetar esteroides por vía oral o un inhalador para facilitar la respiración.

En casos graves, los pacientes hospitalizados podrían recibir oxígeno, ser intubados o ser conectados a respiradores.

¿Cuáles son las recomendaciones de los médicos?

Para evitar la propagación del virus se recomienda un lavado constante y a consciencia de manos y permanecer en casa si se está enfermo.

Si cree que su hijo tiene un problema respiratorio severo, no dudar en ir a la sala de emergencias o llamar al número de emergencias 911, dijo el doctor Russell Migita, del Hospital Infantil de Seattle, donde los casos de VRS van en aumento.

Para problemas médicos menos graves, Migita recomendó llamar a su médico de cabecera, usar consultas a distancia o acudir a salas de urgencias.

El sábado en Chicago, la doctora Juanita Mora vio a una familia de cinco niños, el menor de 3 años y el mayor en la adolescencia, todos enfermos de VRS. Temerosa de lo que podría traer el invierno, les ha recomendado a todos que se vacunen contra la influenza y reciban un refuerzo de la vacuna contra el COVID-19. "No queremos un triple impacto, una pandemia triple", subrayó.

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EL CENTRAL's Guide to Christmas Shopping in Southwest Detroit

By: Martina Guzmán, Ofelia Saenz, and Irma Guzman

Photos by Alejandro Ugalde

Why shop at a mall for Christmas? Small businesses are referred to as the 'backbone' of the economy, and in Southwest Detroit, there is no shortage of businesses to buy unique, one-of-a-kind gifts. Whether your style is traditional or eccentric, your budget big or small, El Central's Guide to Christmas Shopping has something for everyone. And when you buy a gift from a small business, you support a community.

Flamingo Vintage (above)

In 2018, Nikki Neuzil opened Flamingo Vintage in what used to be Hectors Men's Wear, a clothing store at 5449 W. Vernor. The Art Deco department store nestled in the heart of Southwest Detroit turned out to be the perfect location to open Flamingo Vintage and display Neuzil's vast collection of vintage clothing, jewelry, shoes, leather gloves, and more. Flamingo Vintage is where you can buy unique holiday gifts that aren't from a retail department store or Amazon. In particular, Flamingo Vintage carries an extensive collection of vintage coats that work perfectly as Christmas gifts. Find classic, structured wool pea coats, military jackets, fur shrugs, and formal and sequined "Mrs. Maisel" style 1950s overcoats in excellent condition.

Coats range in price from $30 up to $125.

27th Letter Books (above)

A wonderful children's book is the gift that keeps giving because it opens up wonderful new worlds and instills a lifelong love of reading. 27th Letter Books on Michigan Avenue is a great place to browse and shop for interesting books. They carry a carefully curated collection of titles including a selection of Spanish language books for children and young people by notable authors like Isabel Allende. For shoppers who want to support local businesses this season and encourage a love of books for the young people in their lives, this is a must-stop.

Mexicantown Bakery (above)

Heading to a holiday party and want a gift people will be talking about all night? Pair "la famosa" Serafina's Rum Cake with a copy of "Images of America: Detroit's Mexicantown," by Maria Elena Rodriguez, Arcadia Publishing. Both are available at Mexican Town Bakery on Vernor Avenue. The popular rum cake is made by Serafina Hernandez, whose son Omar Hernandez owns the bakery. She uses Bacardi to create a moist, flavorful treat that's a staple at get-togethers throughout the community. It's the perfect treat to enjoy while browsing the historic images of Southwest Detroit in this beautiful coffee table book.

The book is $26.99. Serafina's Rum Cake is $38.45, or $15.99 for a 6-inch mini cake. For larger gatherings, the cake can be custom ordered in quarter or half sheets.

Tequila Cabresto (left)

When it comes to craft spirits, nothing says Southwest Detroit like Tequila Cabresto, a perfect gift to bring to holiday parties or to gift to that hard-to-buy-for tequila aficionado. The award-winning brand was started 15 years ago by Southwest Detroit entrepreneurs Antonio Lopez and his father, master agave grower, Silverio Lopez. The Lopez family has been growing agave for four generations, and have created an artisanal tequila that has garnered international recognition. Their awards have even beat out some of the most prestigious, globally-recognized tequila brands, including Don Julio, Tres Generaciones and Herradura. Tequila Cabresto is available in stores throughout Southwest Detroit where spirits are sold.

Prices start at around $40 per bottle.

Mama Coo's Boutique (right)

Who doesn't love a great statement accessory piece? Mama Coo's is a vintage, upscale boutique located in Corktown, and owner Lana Rodriguez does a fantastic job at selecting a unique collection of brooch pins, jewelry, handbags, clothing, and more. At a time when it's so easy to buy presents that are mass-produced, nothing says Feliz Navidad more than a gift that has character to it. Some of the brooches and jewelry items are modern statement pieces, think early 90s, with bright colors and abstract shapes. Yet you'll also find classic gemstone brooches that add just the right amount of glam to any outfit. Stop by 1701 Trumbull Thursday-Sunday for some stylish vintage jewelry that is reasonably priced. Most items are priced between $5-$50.

Rodríguez Vaquerita (left)

There are many reasons to give someone a nice pair of boots for the holidays. First, cowboy boots are fashionable and always trendy. Pair cowboy boots with jeans, a dress, or even a suit, and you feel a little bit taller and a little more confident when wearing them—they are a must for any fashionista's wardrobe. Rodríguez Vaquerita, a cowboy store at 5698 Vernor Hwy, carries traditional western boots, roper boots, boots with exotic skin, and fashion cowboy boots, handcrafted and imported from all over Mexico.

Xochi's Gift Shop (right)

Walk into Xochi's Gift shop at 3437 Bagley St, Detroit, and you will walk into a mini version of the kind of folk art markets you find all over Mexico. In 1985, Gloria Rosas opened the shop and began importing hand-woven indigenous blouses, rebozos, pottery, silver jewelry, and Christmas ornaments from her beloved country. Later, her daughter Gloria Baiocco went on shopping trips to Mexico too, bringing an altogether distinct style to the shop. One stand-out item is the handcrafted leather purses and shoulder bags with intricate hand-embossed floral details from the states of Oaxaca, Jalisco, and Guanajuato. Leather handbags are desirable fashion products, and the purses and bags at Xochi's Gift Shop don't disappoint. Purses range in price from $110 to $390.